

## What's happening ...

### Chapel



Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

#### Worship schedule

##### Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel

9:45 a.m., Sunday School, Shaw Heights Elementary School

10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)

11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex

6 p.m., Sunday, Faith Factor

##### Catholic services:

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

11 a.m., Sunday School, Shaw Heights Elementary School

Other faith groups may contact the chapel for information on worship times and locations.

### Spouses space



#### Computer training

Free office software training for military spouses is set to begin May 25 through June 17 from 5:30 to 8 p.m. at the Education Center. Topics include Microsoft Word, Excel and Access. Space is limited. For more information or to register, call **895-1252**.

### FSC



#### Air Force One Source

Air Force One Source, an online extension of the Family Support Center, gives information, advice and support on a variety of military and family issues. The website, **www.airforceone-source.com**, is available 24-hours a day, seven-days a week. For more information, call **895-1252**.

#### Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled for today from 9 to 11 a.m. and 11 a.m. to 1 p.m. The classes are sponsored by the S.C. Employment Security Commission. For more information or to sign up, call **895-1252**.

#### Local job search workshop

A local job search workshop is scheduled for Tuesday from 1 to 3 p.m. at the FSC. The class is available to military and family members interested in finding employment in the local community. A

representative from Companion Employment Services will offer assistance. For more information or to register, call **895-1252**.

#### Women and self-esteem class

A women and self-esteem class is set for Thursday from 11:30 a.m. to 12:30 p.m. It is designed to create awareness and improve self-esteem. For more information, **895-1252**.

#### Time for Tots

This parent-toddler group, co-sponsored by the FSC and Family Advocacy, meets Thursdays from 10 to 11:30 a.m. at the Youth Center. It's an opportunity for parents to network and share issues. For more information, call Mrs. Marcy Prior at **499-2656**.

#### Job Expo

A job expo is set for April 7 from 10 a.m. to 6 p.m. at the Sumter County Exhibition Center. Interested individuals should bring resumes and dress in business attire. For more information or to register, call **895-1252**.

### Information



#### Forest clean up

A forest clean up is set for Saturday at 8:30 a.m. at Manchester State Forest. A barbeque will be held after the cleaning. For more information, call Mr. Mark Hall at **895-9998**.

#### Mexican Mondays

Club Shaw is offering Mexican Mondays. The menu features build-your-own-taco bar, beef or chicken enchiladas, refried beans, Mexican rice, chips and salsa. The cost is \$4.95 for members and \$5.95 for nonmembers. For more information, call **666-3651**.

#### Pet watch

Guests at the Carolina Pines Inn request responsible people to watch and care for their pets. For more information, call **895-3818**.

#### Self-help

The Self-Help Store provides materials for self-help projects at base units. For assistance, turn in an Air Force Form 332: *Base Civil Engineer Work Request*, to the 20th Civil Engineer Squadron customer service desk in Building 250. For more information, call Master Sgt. Tracy Franklin at **895-5314**.

#### Skills Center classes

Shaw's Skills Center offers various craft and framing classes. For more information, call **895-2726**.

#### Rental trucks

The Auto Skills Center now offers rental trucks to Shaw members. For more information, call **666-4865** or **895-6383**.

#### Lunch menu entrees for CMSgt. Emerson E. Williams Dining Facility

**Today** -- Seafood Newburg, beef and corn pie, roast turkey

**Saturday** -- Creole shrimp, baked chicken, Swedish meatballs

**Sunday** -- Cantonese spareribs, fried fish, mustard chicken breast

**Monday** -- Roast loin of pork, pot roast, baked-stuff fish

**Tuesday** -- Teriyaki chicken, veal parmesan, salmon cakes

**Wednesday** -- Sauerbraten, jagerschnitzel, knock-wurst

**Thursday** -- Southern fried catfish, baked chicken, stuffed cabbage rolls

(Information courtesy of the 20th Services Squadron.)

### At the movies



Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

\* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

#### Friday

**7 p.m., Miracle**, PG (language and some rough sports action) -- Coach Herb Brooks led the U.S. hockey team to victory over the Soviets at the 1980 Winter Olympics at Lake Placid, despite overwhelming odds. For a country still entangled in a decades-long "Cold War" with the U.S.S.R., the sports victory was seen as patriotic and symbolic.  
2 hrs. 15 mins.

#### Saturday

**7 p.m., Against the Ropes**, PG-13 (crude language, violence, sensuality and drug material) -- Jackie is ready to carry on the family tradition of boxing. Bailing Luther out of jail, Jackie convinces him to pursue boxing and to let her be his manager. Jackie turns Luther from a jail-bound punk into a streamlined prizefighter and at the same time, turns herself into one of the most successful female managers in boxing history.

1 hr. 56 mins.

#### Sunday

**3 p.m., Catch That Kid**, PG (language, thematic elements and rude humor) -- 12-year-old Maddy and her father have always shared a love for mountain climbing. Their hobby has a disastrous effect when an accident on Mount Everest injures his spine, paralyzing him forever unless he gets a very expensive operation. Determined to raise the money to pay for it, Maddy decides to recruit two of her friends to help her break into a bank where her mother works.

1 hr. 42 mins.

# Fad diets: good way to go, or no?

By Airman 1st Class Anna Fitzhorn  
20th Operations Support Squadron

Exercise and a well-rounded diet can be keys to losing weight or maintaining a fit physique. But what constitutes a healthy diet, and should you try a fad diet?

Staff Sgt. Joleen Black, NCO in charge of clinical dietetics at the Health and Wellness Center here, said a good diet should attempt to change your lifestyle and long-term eating habits with a weight loss of two to four pounds per week with exercise.

A 'fad' diet may sound great but it may not be healthy for you, according to HAWC personnel. It may promise quick and easy weight loss, rely on testimonials, or promote specific supplements or foods. These diets may help you to lose weight quickly, but not to keep the weight off. The HAWC staff does not recommend fad diets such as a low-carbohydrate diet that promotes rapid weight loss. This type of diet may cause a rise in cholesterol levels, blood pressure and may cause heart disease. It eliminates carbohydrates, which primarily provide energy and heat to your

body to sustain a normal temperature. A healthy diet should contain no less than 100 grams of carbs daily.

Airman First Class Amy Harkins, 20th Operations Weather Squadron weather forecaster, has been on a low-carb diet for four months and said this diet is not for everybody. The biggest downfall? "If you cheat or quit the diet, you end up binge eating on the foods you weren't allowed to eat and gain the weight right back," she said.

A low-calorie diet can also be harmful to your body if you do not have a well-rounded diet. The HAWC staff said to remember, "**Calories are not bad!**" Males should be taking in a minimum of 1500 calories per day based on height, and females should have a minimum of 1200 calories. Limiting yourself to less calories can starve your body from the nutrients it needs.

Senior Airman Seanna Guay, 20th Operations Support Squadron Air Traffic Controller, uses the low calorie diet of 1600-1700 calories per day, exercises four times per week and feels great.

"I allow myself one day a week

to splurge and I am able to stick with it," she said.

Using other types of weight loss systems such as diet pills can be dangerous and some are illegal in the Air Force. If members are taking any supplements, they are encouraged to check with their health care provider or research it at the HAWC.

Sgt. Black recommends taking a multivitamin, whether you are dieting or not, and suggests calcium supplements for women.

When you are dieting and exercising, if the weight isn't dropping, don't give up -- it may mean you are building muscle, said Sgt. Black.

Muscle is more dense than fat, and though you may not be losing weight, you could be losing inches. Senior Airman David Roche, 20th Services Squadron fitness specialist, relies on exercise and a good diet low in starchy foods. He recommends exercising three but no more than five times per week.

"It is unhealthy to work out seven days a week because your body needs a day of recuperation," he said.

So what is the best way to lose weight? According to the HAWC, change your lifestyle. Exercise on a regular basis, maintain a healthy diet

and eliminate calorie-dense foods. You may not lose pounds as quickly, but you'll keep them off longer.

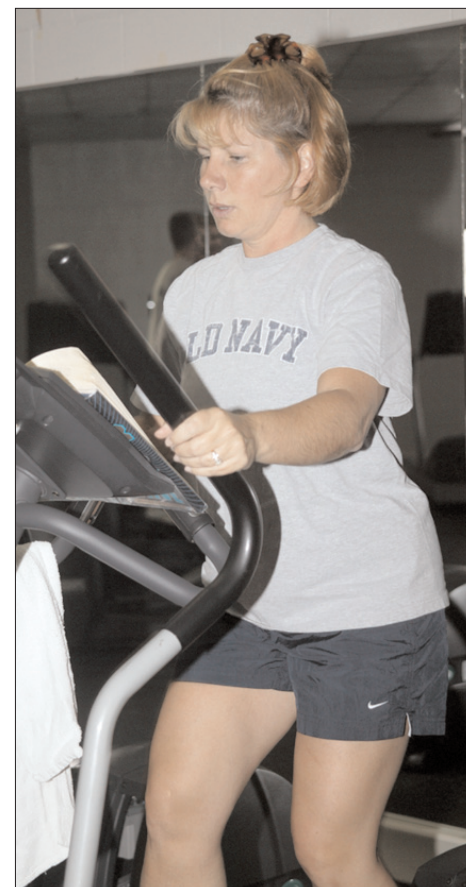
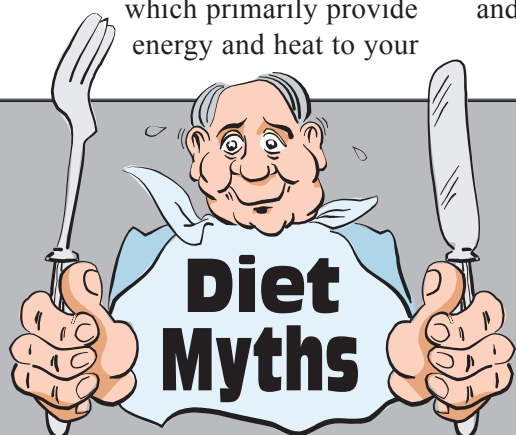


Photo by Airman 1st Class Anna Fitzhorn

**Tech. Sgt. Cindy Gainer, 20th Aircraft Maintenance Squadron training monitor, working hard at the Fitness Center.**



- ✎ You always gain weight when you stop smoking.
- ✎ You have to eat meat to get enough protein.
- ✎ Winter coats during summer exercise burn more calories.
- ✎ Eliminate all fat from your diet.
- ✎ Crash dieting makes you lose weight (it does, but can remove lean muscle, tissue, fat).
- ✎ Bananas are fattening.
- ✎ Potatoes and other carbs are fattening.
- ✎ Eating before bed will make you fat.
- ✎ You have to go hungry to lose weight.

(Information courtesy of ivillage.co.uk)

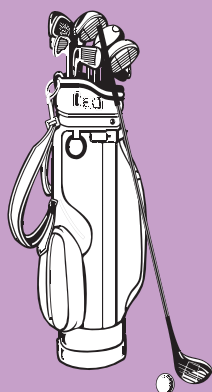
## Carolina Lakes Jacksonville Qualifier

Two-day medal  
play golf

Tee times are  
April 3 at 8 a.m.  
and April 4 at 9 a.m.

The cost is \$20 for  
members, \$30 for  
nonmembers.

For more information, call 895-1399.



## 2004 Gobbler Season

Turkey hunts at Poinsett Electronic Combat Range are set for each Saturday and Sunday in April.\* To participate, call the registration hotline at **895-9996** on the Monday prior to the hunt between 7:30 and 9 a.m. Calls are taken on a first-come, first-serve basis. Permits, valid for one hunt, cost \$10 and should be purchased by the Thursday prior to the hunt. For more information, call Mr. Ronnie June at **895-9985**.

\*Provided there are no mission conflicts